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TransLink looking at $3.1M deficit

FUEL COSTS A spike in the cost of diesel has turned TransLink's anticipated $11.4-million surplus into a projected deficit of $3.1 million, according to the transportation authority's second quarter report.

The increased price of diesel pushed TransLink $9.5 million over budget, CEO Tom Prendergast said in a release yesterday. As well, TransLink only collected $9 million of a possible $18 million in property taxes that were to replace the scrapped Parking Site Tax.

Higher than expected job vacancies, lower debt servicing costs and tighter controls on discretionary spending should eliminate the deficit.

New Democrat transportation critic Maurine Karagianis said the high fuel costs will continue to be an issue for TransLink in part because of the province's carbon tax, which came into effect July 1.

Ridership rose 2.6 per cent above the same three-month period in 2007 because of high gas prices and a 4.3 per cent increase in transit service.

Customer satisfaction over the same period dropped with more people taking trains and buses, TransLink said.

JEFF HODSON/METRO VANCOUVER

Election 2008 pg 8
- On the Hustings
- Dion finds irony in ads

Celebrity pg 27

Fears led to Watts' baby

RAFE ARNOTT/METRO VANCOUVER

Season Opener

Vancouver Canucks captain Roberto Luongo takes a breather during practice at GM Place. A pre-game ceremony honouring late defenceman Luc Bourdon will be held tonight when the Canucks open the regular season at home against Todd Bertuzzi's Calgary Flames. Preview, page 12.

RCMP use of public funds wrong: Pivot

Says Insite studies not cops' job

JEFF HODSON
jeff.hodson@metronews.ca

Canada's auditor general needs to examine whether the RCMP overstepped their mandate when it funded academic critiques of Vancouver's supervised injection site, the Pivot Legal Society said yesterday.

The RCMP said the literature reviews were standard "due diligence" research, no different than research into traffic services or organized crime.

In a complaint to Auditor General Sheila Fraser, Pivot argues that while spending money on crime prevention is within the RCMP's mandate, using public funds to research a public health matter, like harm reduction, is not.

"The RCMP was created as a police force and not to act as scientists," said Douglas King, a Pivot lawyer.

RCMP Const. Annie Linteau agreed the RCMP are not "academic researchers."

"In order to obtain an impartial assessment … we often have to rely on outside experts," Linteau said.

At the time, she added, there had been talk of a potential supervised injection site in Prince George, where policing is contracted to the RCMP.

Douglas King

Pivot said the RCMP funded four critiques of Insite in 2006. Three of the critiques were favourable to Insite and were "buried," King said.

The fourth critique, by Colin Mangham, director of research for the Drug Prevention Network of Canada, was published in January 2007.

Pivot said Mangham's paper, which was published without mention of the RCMP, was "quite inflammatory" and was meant as an attack on the scientific basis for Insite's existence.

Review prices

- Linteau said the first two reviews cost the RCMP approximately $5,000 and $10,000 respectively.

Driver butts cig in cop's eye

TICKETED An angry motorist allegedly extinguished his cigarette in a West Vancouver police officer's right eye during a parking ticket dispute.

A man walked up to his vehicle just before 3 p.m. on Tuesday afternoon to see a bylaw officer writing him a ticket. They got into an argument which police say led to the driver taking his lit cigarette and pushing it into the officer's right eye with enough force to ash it out.

A suspect, Jozef Baksay, 55, was released after a court appearance yesterday morning.

MONICA MARTINEZ/ FOR METRO VANCOUVER

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Lions show love for Bob Ackles on helmets
B.C. Lions will wear orange helmets with the paw logo and "Bob" written on the side to honour late Lions president Bob Ackles during tomorrow's game against the Edmonton Eskimos. METRO VANCOUVER

Local

Man kills bear during attack

A Cariboo, B.C., man needed 60 stitches to close his wounds after he fought and killed a mother bear. Jim West, 45, and his two dogs came face-to-face with the bear during a morning walk on Saturday. He used a stick to break the bear's skull after it tore into the back of his head and bit his body. Conservation officers were forced to euthanize the bear's two cubs because they would not survive the winter without their mother. CBC NEWS ONLINE

Zhao's mother, Baoying Yang.

RCMP to share case with China

ZHAO The parents of murdered Chinese foreign student Amanda Zhao learned in a meeting yesterday RCMP officials will go to China in two weeks to share their evidence with Chinese police.

Amanda's accused killer and boyfriend, Ang Li, fled to China three days after her body was found.

NDP MLA Jenny Kwan said Mounties are ready to share their information, adding the RCMP believe they have sufficient evidence to prosecute Li for Zhao's 2002 murder.

Zhao's mother Baoying Yang said through a translator she is "not completely satisfied" Li will be tried in China. "Even if the prosecution happens, I will never ever see my daughter again." MARIA COOTAUCO/ FOR METRO VANCOUVER

Whale of a lawsuit hits Feds

KRISTEN THOMPSON
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Environmental groups in Vancouver joined peers across the country yesterday to file a lawsuit against the federal government to force it to protect resident killer whale habitat.

Lara Tessaro, a lawyer with Ecojustice, which filed the suit, said the Department Of Fisheries And Oceans acted unlawfully by not issuing an order under Canada's Species At Risk Act (SARA) to protect critical killer whale habitat from destruction.

The decision was made on Sept. 10.

"This is the first lawsuit of its kind in Canada," she said.

"We hope to force the federal government to legally protect the critical habitat of endangered species."

She said when SARA isn't enforced no penalties can be implemented.

RAFE ARNOTT/METRO VANCOUVER

Ecojustice staff lawyer Lara Tessaro, right, and David Suzuki Foundation marine conservationist Bill Wareham listen to Wilderness Committee policy director Gwen Barlee in Coal Harbour yesterday.

Bill Wareham, senior marine conservation specialist at the David Suzuki Foundation, said the current policies and regulations to protect habitat are not being acted upon.

"We're asking the government to re-think their decision here and really legally protect these whales," he said.

Facts on B.C. whale populations

- Resident killer whales in B.C. live along all the west coast of British Columbia.
- Females calve about once every five years.
- Between 1993 and 2003, the southern resident killer whale population fell about 20 per cent to a number somewhere in the mid 80s.
- The whales are threatened by declining salmon stocks, increased boat traffic, toxic contamination and acoustic impacts from dredging, seismic testing and military sonar.

News in brief

PICS A photography contest that put 200 disposable cameras in the hands of Downtown Eastside residents will present winners with prizes this morning at Carnegie Centre. More than 4,000 photos were submitted to the 2008 Hope in Shadows Photography Contest.

JAIL An ex-driving school owner accused of helping Chinese immigrants get licences without a road test was sentenced to 2 1/2 years in jail, CKNW reports. The ICBC examiner who helped David Foon Wai Chiu is currently under house arrest. METRO NEWS SERVICES

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What's online today.

Check out MetroTube of the Day to see artists make the case that they are ordinary Canadians, too.
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BC 49	17, 26, 34, 36, 46 & 48 Bonus 33
Extra	16, 17, 37, 63

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Gas prices drop
Gas prices dropped in the Lower Mainland yesterday with some stations in Richmond reporting prices as low as $1.15 a litre. In other parts of Vancouver prices were around $1.24. SOURCE: NEWS1130.COM

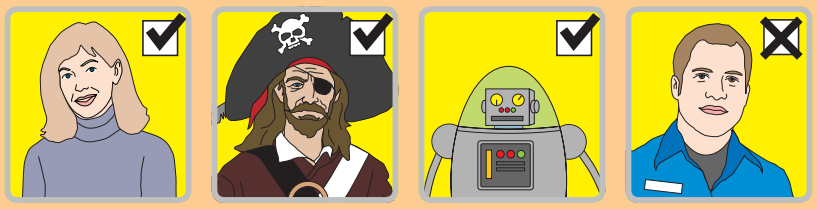
News in brief

RESOURCE BOOST The Atira Women's Resource Society was awarded $1-million by the Surrey Homelessness and Housing Society to help fund the Maxxine Wright Place. When it's built, the Surrey facility will help at-risk women who are pregnant or are parenting new babies.

TRAINING GROUND A $5.1-million parcel of land in Chilliwack will be used as new training ground for paramedic, police and fire safety training. The 2.3-hectare acquisition was made thanks to B.C. government funding.

METRO NEWS SERVICES

Playing lottery games with confidence. Who's eligible?



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RAFE ARNOTT/METRO VANCOUVER

Director of Canadian Business for Social Responsibility, Wendy Campbell, left, Directions Youth Services director Renata Aebi, and recovered addict Sharon Small listen to Evalen Jaager Roy from Electronic Arts in Vancouver yesterday.

Local companies 'opening a door' for troubled youth

KRISTEN THOMPSON
kristen.thompson@metronews.ca

Sharon Small was a drug addicted teenager living on the streets of Vancouver until staff at Directions Youth Services Centre opened their door and helped her get her feet back on the ground.

Yesterday, executives from a handful of Vancouver companies met with troubled youth at Directions to discuss how their businesses can help the teenagers and the centre through the Seeing Is Believing tour program.

Small, 21, who's now clean, off the street and part of a music program at Directions, said that's what street youth need — people taking the time to talk to them and find out what they need to rehabilitate their lives.

Evaleen Jaager Roy, with Electronic Arts, said the program has let her company give street youth the chance to develop employable skills with through work placement, job coaching and mentorship.

"It's not always about writing a cheque," she said. "Maybe it's about opening a door."

RCMP release image of robbery suspect

MARIA COOTAUCO
for Metro Vancouver

ROBBERY Images of a bank robbery suspect spraying mace on two employees before running off with an undisclosed amount of money were released by the RCMP yesterday.

On June 30 at about 3:45 p.m., a man described to be in his 40s walked into the Coast Capital Saving Bank in Metrotown Mall. He cut in line and demanded money from a teller.

He sprayed two employees with mace and ran off with the cash.

A suspected thief sprays bank employees with mace in this security camera image.

The suspect is described as five-foot-three-inches-tall with short dark brown hair. He was wearing a red T-shirt and tan shorts.

Charges laid in puppy shooting

A man accused of shooting and killing a puppy belonging to a young cancer survivor on Quadra Island last month has been charged, RCMP announced.

Cody Wellard, 31, is accused of wilfully and unlawfully killing a dog, and for the careless use of a firearm. He turned himself in after the Sept. 13 incident.

The Jack Russell terrier belonged to 12-year-old Max Rose who is recovering from brain cancer.

MARIA COOTAUCO/ FOR METRO VANCOUVER

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Soldier seriously wounded in Afghanistan

A Canadian soldier is in serious but stable condition after being shot by insurgents about 30 kilometres west of Kandahar City, Afghanistan on Tuesday. The military has not released the soldier's identity. **CBC NEWS ONLINE**

Canada

Reprieve for Rambo

Rambo, left, has been given a reprieve from canine death row. A plan to transfer the dog from an animal shelter in Mississauga, Ont., to a farm in Nova Scotia was approved by an Ontario court yesterday. Rambo was born after a province-wide ban on new pit bulls took effect on Aug. 29, 2005.

TORSTAR NEWS SERVICE

Large percentage of meat tainted: Report

Two-thirds of Toronto samples contained bacteria, documents say

Two-thirds of Maple Leaf meat samples collected from Toronto hospitals and nursing homes tested positive for a virulent strain of listeria just before the country's largest food recall, according to confidential data obtained by Torstar News Service and the CBC.

The test results show a dramatically high percentage of bacteria-laced ham, corned beef, turkey and roast beef was being served to hundreds of vulnerable hospital patients and seniors. Experts say it's more contamination than they have seen and further evidence of a health risk that should have reached the public's attention sooner.

17 of 26 samples collected on Aug. 14 and 15 tested positive for listeria, as revealed by lab tests conducted for the Canadian Food Inspection Agency and compiled in a document labelled 'confidential.'

"I'd never seen anything like this. The fact that so many came back positive shows how contaminated the source was."
Dr. Vinita Dubey

"There shouldn't be any positives," says Rick Holley, a food safety expert at the University of Manitoba. "The reality is if you did a survey in the market, you might find one or two at most out of this sample that are positive."

A federal government source confirmed yesterday that half of the provincial samples tested positive for listeria. But the results in Toronto were worse.

"I'd never seen anything like this," said Dr. Vinita Dubey, Toronto's associate medical officer of health. "The fact that so many came back positive shows how contaminated the source was."

Linda Smith, a spokesperson for Maple Leaf, said the company took action when informed of the results.

"On the basis of (the test results) we did a recall."

TORSTAR NEWS SERVICE

Atwood **Culture is seamless**

SAUL PORTO/TOP NEWS

Author Margaret Atwood takes a break to read Metro at a party this week to launch her latest book, Payback: Debt and the Shadow Side of Wealth. The book hit stores this week in the midst of a global market meltdown, and an election campaign in which Atwood took shots at Prime Minster Stephen Harper's comments that "ordinary people" don't care about "the arts." As Atwood told Metro: "Culture is seamless. It flows from so-called high to so-called low and back again."

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Election 2008

Conservative Leader Stephen Harper, under fire for being too detached from the economic fears of ordinary Canadians, invoked his mother and resorted to a homey analogy to convey he is on top of the roller-coaster ride of the stock markets.

For the third time publicly in two days, and in subsequent one-on-one interviews, Harper said his mother is worried about her savings, and he understands her concerns, which he used to push his "steady-hand-on-the-wheel" message.

"We're getting this criticism that I somehow don't understand the stock market or I don't understand what people are feeling about the stock market," Harper said, leaning in on a podium in a casual manner in Victoria.

"I use my mother as an obvious example because, you know, she's the person closest to me who's most worried about the stock market these days."

TORSTAR NEWS SERVICE

Watch as Harper's latest comments on the economy draw sharp rebukes at metronews.ca/canada

News in brief

STRATEGY An organized push to vote strategically may not be hurting the intended victim — the Conservatives — so much as it is harming the Green party, an Ottawa candidate suggested yesterday. "So-called strategic voting — voting not for the best candidates, but for a party most likely to keep another one out — may be well-intentioned, but it's often based on faulty logic," said Jen Hunter, the Green party candidate in Ottawa Centre.

DO NOT CALL In just one week, nearly 2.7 million Canadians have registered to no longer receive calls from telemarketers, CBC News Online reports. The Do Not Call List, run by the CRTC, launched Sept. 30.

METRO NEWS SERVICE

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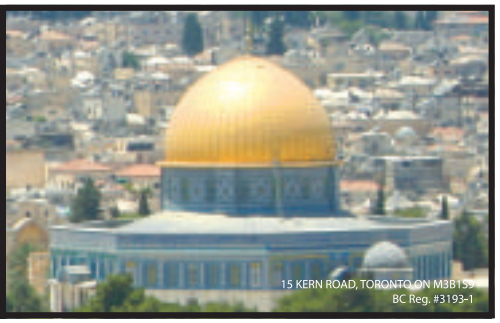

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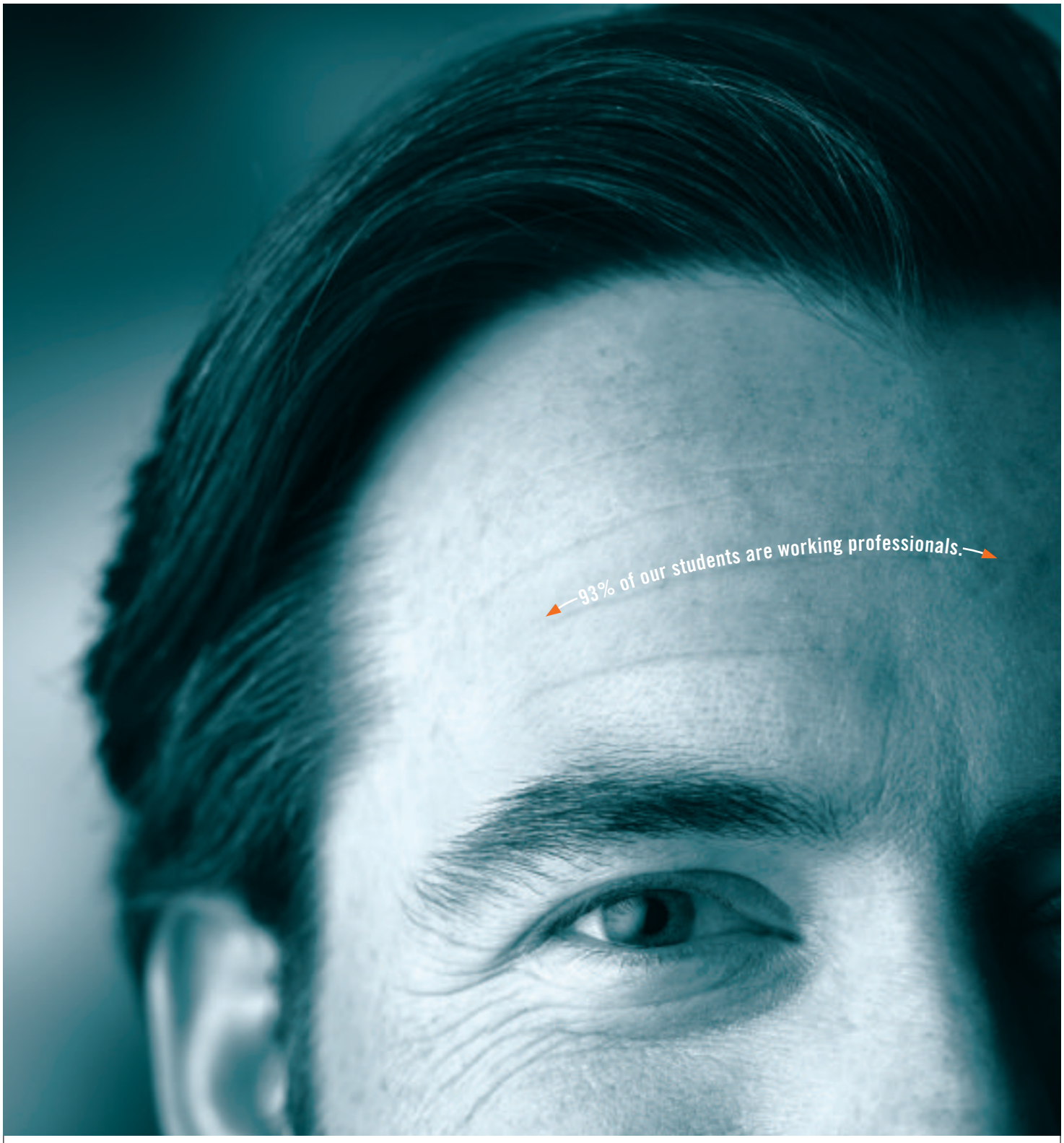

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Election 2008

Race has turned upside down

Election campaign going down to the wire

On the **Hustings**

Andrew Cohen

Election insight and analysis

Just when you were sure the Conservatives would win this election and the only question was by how much, strange and wondrous things begin to happen.

Support for the Conservatives has been dissolving like a soft summer mist. The party that began the campaign with 38 to 40 per cent of support has now fallen to 31 to 34 per cent.

Meanwhile, the Liberals have rebounded, though not as dramatically as the Conservatives have fallen. The Liberals are now polling at 26 to 31 per cent.

While the conventional wisdom was always that Stephen Harper would be re-elected, that's no longer certain. And while the conventional wisdom was that Stéphane Dion was finished, that isn't certain, either.

In other words, all bets are off. With five days to go, this is suddenly, remarkably, a horse race.

For weeks the biggest doubt was whether the Conservatives would win a majority. How big? Would it come from Ontario or Quebec?

If the election were held today, it is safe to say they wouldn't win most of the 308 seats in the House of Commons. Sure, it is mathematically possible that they could pull this off with 32 per cent of the vote in a divided, five-party race with crazy splits. But it would be unprecedented.

While a Conservative majority was Harper's fond hope, he had reason to believe it was possible when the campaign began. The Conservatives never imagined sweeping Quebec like John Diefenbaker in 1958 or Brian Mulroney in 1984, but they did think winning another 10 or 15 seats there was realistic.

That, and modest gains in rural Ontario, would get them to 155 seats. That was the hope.

But even before the credit crisis, that was slipping away. The Bloc Québécois has brilliantly exploited doubts about Harper — on state support for culture, juvenile crime and the war in Afghanistan — and thwarted a Tory triumph in Quebec.

Meanwhile, the Liberals are holding their traditional vote in Montreal, where the New Democrats had hoped for a breakthrough.

At the same time, the Liberals appear to have retaken the lead in vote-rich Ontario, their support rising in the province's southwest.

But does all this mean the Liberals can actually win this thing on Tuesday? Yes, but only if Liberal voters who defected to the Greens and the New Democrats come home. This time, their motive wouldn't be stopping a Conservative majority, as it was in 2006, but of delivering something unthinkable a week ago: A minority Liberal government.

Realistically, it's still unlikely. But in a political and economic world turned upside down, it could happen.

Andrew Cohen teaches journalism at Carleton University. He is the author of Extraordinary Canadians: Lester B. Pearson.

Dion finds ironic twist from Tory ads

Stéphane Dion — his image battered by months of harsh Conservative advertising — says he misjudged how effective negative advertising can be in an election campaign.

But in an ironic twist, the Liberal leader now says the millions of dollars of Conservative advertising is partly responsible for his surprise late-campaign surge. When Canadians tuned into the two leaders' debates last week, they found the Opposition leader wasn't the politician so often portrayed as bumbling and indecisive on the airwaves by the Conservatives, he said yesterday.

"Never has an individual been the target of millions of dollars of attack ads as I have been — and the Green Shift as a policy," Dion told the Toronto Star's editorial board.

"Never has an individual been the target of millions of dollars of attack ads as I have been."
Stéphane Dion

"It may be why these debates have been a golden opportunity for me to show who is Stéphane Dion and why he has nothing to do with this caricature, this false individual that we have seen again and again on TV and on radio," he said yesterday.

Asked to reflect on his bounce in the campaign as Tories see their poll numbers drop, Dion traced the turnaround to last week's televised debates.

TORSTAR NEWS SERVICE

News in brief

POLL Peter MacKay is far ahead of Green Leader Elizabeth May in the Nova Scotia Central Nova riding, according to a Metro Halifax/CTV poll. "At this point, just a few days from the election, it certainly looks positive for Peter MacKay," said Craig Wight, vice-president of research for Bristol Omnifacts Research, which conducted the poll. MacKay has 39 per cent support. The battle for second is tight, with May at 22 per cent and New Democratic Party candidate Louise Lorefice at 19. With a five per cent margin of error, that's not much. Nineteen per cent of voters are undecided, while 5 per cent said they will vote Liberal, but the Grits don't have a candidate in the riding. METRO CANADA

Watch as Harper's latest comments on the economy draw sharp rebukes at metronews.ca/canada

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Palin has famous cousins in FDR, Princess Diana

Republican vice-presidential nominee Sarah Palin is distantly related to the late Princess Diana and late U.S. president Franklin Roosevelt, genealogy experts said yesterday. The Alaska governor and princess are tenth cousins, while Roosevelt is Palin's ninth cousin once removed. REUTERS

World/Business

Ukraine calls early election

Ukrainian President Viktor Yushchenko yesterday abandoned the search for a coalition to take over from the current "orange" government, dissolved parliament and called an early election.

Yushchenko blamed Prime Minister Yulia Tymoshenko, his estranged ally from the 2004 "Orange Revolution," for the collapse of a coalition that emerged from that pro-Western upheaval which swept him to power.

Viktor Yushchenko

She had allowed her "thirst for power" to take precedence over national interests, he charged.

"I hereby declare the activities of ... parliament to be suspended and call an early parliamentary election," he said in a recorded television address to the nation. "The vote will take place in democratic and lawful fashion."

Yushchenko twice named Tymoshenko prime minister, but has been constantly at odds with her almost since his election. "I am convinced, deeply convinced that the democratic coalition was ruined by one thing alone — human ambition. The ambition of one person," he said.

The constitution provides for an election to take place no more than 60 days after dissolution — making December 7 a possible date. REUTERS

Afghan strikes killed 33 civilians, report says

AFGHANISTAN The U.S. military said yesterday that 33 Afghan civilians died during August air strikes on a village in western Afghanistan, raising the estimated toll of an action that has strained U.S.-Afghan relations.

A new military inquiry into the Aug. 22 attack on the village of Azizabad also lowered the U.S. estimate for the number of militants believed to have died to 22, from an initial estimate of 30 to 35.

The United States first reported only five to seven civilian deaths. That opened a rift with the Afghan government and the United Nations, which both said more than 90 civilians had been killed.

The military then revisited its investigation after cellphone video emerged showing bodies of people said to have been killed. The latest U.S. estimate includes at least eight men, three women and 12 children killed. REUTERS

Strike deaths

- Human Rights Watch estimated that 119 Afghan civilians were killed by U.S. air strikes in the first seven months of 2008.

Georgia wants further pullback

TROOPS Russia pulled back its troops yesterday from buffer zones it set up on Georgian territory, but Georgia demanded it take further steps.

Russia said troops had removed all checkpoints in the buffer zone around the rebel province of South Ossetia, ahead of the Friday deadline stipulated by a ceasefire deal. Troops remain inside South Ossetia and a second breakaway region, Abkhazia.

But Foreign Minister Eka Tkeshelashvili said Russian troops still had to quit two disputed enclaves within South Ossetia and Abkhazia by Oct. 10. REUTERS

Cuba **Guevara's capture**

ENRIQUE DE LA OSA/REUTERS

Men carry an image of the late guerrilla leader Ernesto "Che" Guevara at a primary school in Havana yesterday. Guevara was captured in Bolivia 41 years ago.

News in brief

PENTAGON U.S. Defense Secretary Robert Gates called on southeastern Europe, including NATO hopefuls, yesterday to send troops to Afghanistan. The Pentagon chief has repeatedly asked NATO members and others to send personnel and equipment to the war zone as conflict with insurgents escalates. Still, NATO commanders say they need about 10,000 to 12,000 more troops.

SOMALIA Kidnappers briefly abducted a Pakistani worker for Vancouver-based Africa Oil Corp. yesterday. Officials said the man was abducted by his bodyguards 80 km south of Bosasso. Troops rushed to the area and surrounded the gang, and the man was freed by force. One kidnapper was killed in the struggle, the region's minerals minister said. REUTERS

Business

Central banks make historic joint rate cut

Central banks around the world cut interest rates yesterday in their first broadly co-ordinated policy action in history, in an attempt to stem the global financial crisis.

The central banks of the United States, the euro zone, Britain, Switzerland, Canada and Sweden all lowered official rates by a half-percentage point — with the Bank of Canada cutting its key interest rate to 2.5 per cent.

"The recent intensification of the financial crisis has augmented the downside risks to growth and thus has diminished further the upside risks to price stability," the banks said in a joint statement. REUTERS

Canadian banks

TD Bank will lower its prime lending rate by 25 basis points to 4.50 per cent, half of the Bank of Canada's rate cut. CIBC, RBC, Scotiabank said they would follow suit.

Business in brief

CRISIS American International Group Inc. defended its lavish event yesterday, saying the $223,000 US spent on hotel rooms and spa services was for independent insurance agents, not employees. AIG will also receive $37.8 billion US more in cash from the Fed. REUTERS

SMARTPHONE RIM will debut the BlackBerry Storm, its touch screen device geared towards younger consumers, in Canada later this year through Bell and Telus. The screen will be clickable and more intuitive, RIM says. Pricing is yet not available. TORSTAR NEWS SERVICE

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Canucks send Krog, Pettinger to AHL

The Vancouver Canucks trimmed their roster to 23 players and, among other moves, assigned forwards Jason Krog and Matt Pettinger to Manitoba of the American Hockey League. METRO NEWS SERVICES

Sports

Cubs exercise Harden's option

The Chicago Cubs exercised the 2009 option for pitcher Rich Harden, left, yesterday. Victoria's Harden, 26, was acquired from the Oakland Athletics on July 8 along with pitcher Chad Gaudin, for four players. After coming to Chicago, Harden went 5-1 with a 1.77 earned-run average and limited hitters to a .149 average after the All-Star break, which led all starters in the majors. METRO NEWS SERVICES

SPORTS@METRONEWS.CA

Bertuzzi's return about respect

ToulBox

Scott Rintoul

scott.rintoul@metronews.ca

On Oct. 5, 2005, Todd Bertuzzi skated onto the ice at GM Place determined to put the past behind him as he authored a new chapter in his hockey career.

Three years and four days later, Bertuzzi will skate onto that same surface with the same goal in mind, but this time as a member of the opposition.

Back then Bertuzzi was eager to put the Steve Moore incident behind him; to prove the confidence that once oozed from his pores had not been fractured by the 17-month suspension he served for his attack on Moore.

Though the legal battle with Moore continues, tonight Bertuzzi takes the first step toward salvaging the reputation he once held.

For what now seems like the blink of an eye, Bertuzzi was considered the best power forward in the NHL; lately, he's been viewed as an oft-injured winger whose best days are behind him.

1ST Metro Sports columnist Scott Rintoul finished first in Vancouver's CIBC Run for the Cure running the 5 km race in just under 18 minutes.

Todd Bertuzzi

He's well aware that his opportunity in Calgary is most likely his last, and that it also represents a chance to prove that his glory years in Vancouver were closer to the rule than the exception.

This final flicker with the Flames will either cement his legacy in the Never Lived Up to his Potential Hall of Fame talent, or make him a subject of future "If he hadn't been injured …" conversations. The uniform has changed, but one thing remains the same; it's up to Todd Bertuzzi.

• If you're heading to the game, it's a good night to get in on the 50/50 draw.

Not only is the first pot of the season a big one because it includes all of the unclaimed money from last year (nearly $83,000), but the charitable portion of the draw will be donated on behalf of the late Luc Bourdon, who will be honoured prior to the game.

Tonight will also mark the first opportunity to view the Luc Bourdon Wall of Dreams, which will be unveiled at GM Place this morning.

• For the first time in a long time, the SFU Clan are favourites heading into tonight's Shrum Bowl at UBC's Thunderbird Stadium.

The annual gridiron grudge match has been won by the T-birds in each of the past four seasons, but SFU boasts both the better record and a win against UBC earlier this season.

A second such win would assure the Clan of a playoff berth while a T-birds' victory would keep their slim postseason hopes alive.

Scott Rintoul is a college athlete, sports fan and broadcaster. He can be heard Monday-Friday on the TEAM 1040 from 6-9 a.m.

Indictment in death of Williams

NFL A Denver grand jury returned a 39-count indictment yesterday charging Willie D. Clark in the murder of former Denver Broncos cornerback Darrent Williams and the attempted murder of two others.

Williams

The 25-year-old Clark is charged with two counts of first-degree murder, 16 counts of attempted first-degree murder, two counts of second-degree assault, illegal discharge of a firearm, 16 crime of violence counts and two counts of possession of a weapon by a previous offender. METRO NEWS SERVICES

Open the way they ended

Game Preview

VS

SCOTT RINTOUL
scott.rintoul@metronews.ca

KIM STALLKNECHT/GETTY IMAGES

Vancouver and Calgary renew their division rivalry tonight.

THE SKINNY: The Vancouver Canucks open this season the same way they ended the last one — by hosting the Calgary Flames.

NEW FACES: Much has changed for both clubs since that meeting in early April. Pavol Demitra and Steve Bernier don the Canucks jersey for the first time in a regular season game this evening, while Todd Bertuzzi and Mike Cammalleri do the same for the Flames.

HEAD-TO-HEAD: Vancouver won five of eight games against Calgary last season, outscoring the Flames 26-23.

SOLEMN SALUTE: The Canucks will honour the late Luc Bourdon tonight with a pre-game ceremony. The team will also unveil the symbol each player will wear on his helmet throughout the season in Bourdon's memory.

STAR GAZING: Calgary captain Jarome Iginla was a Hart Trophy Finalist last season and was one of only three players to score 50 goals on the year.

BY THE NUMBERS: 7 – that's the number former Canuck Todd Bertuzzi will be wearing in his Flames' debut. Be sure to say hello.

SCOREBOARD

MLB

LEAGUE CHAMPIONSHIP SERIES
BEST OF SEVEN
AMERICAN LEAGUE
Tampa Bay vs. Boston
TOMORROW'S GAME
Boston at Tampa Bay, 5:37
SATURDAY'S GAME
Boston at Tampa Bay, 5:07
MONDAY, OCT. 13
Tampa Bay at Boston, 1:37
TUESDAY, OCT. 14
Tampa Bay at Boston, 5:07
NATIONAL LEAGUE
Philadelphia vs. L.A. Dodgers
TONIGHT'S GAME
L.A. Dodgers at Philadelphia, 5:15
TOMORROW'S GAME
L.A. Dodgers at Philadelphia, 1:35
SUNDAY'S GAME
Philadelphia at L.A. Dodgers, 5:22
MONDAY, OCT. 13
Philadelphia at L.A. Dodgers, 5:22

NHL

TONIGHT'S GAMES
Toronto at Detroit, 5
Boston at Colorado, 7
Calgary at **VANCOUVER**, 7:30
Anaheim at San Jose, 7:30

CFL

WEST DIVISION

	W	L	T	PTS
x-Calgary	9	5	0	18
x-B.C.	**9**	**5**	**0**	**18**
x-Saskatchewan	9	5	0	18
Edmonton	8	6	0	16

EAST DIVISION

	W	L	T	PTS
y-Montreal	9	5	0	18
Winnipeg	5	9	0	10
Toronto	4	10	0	8
Hamilton	3	11	0	6

(x - clinched playoff spot)
(y - clinched division title)
WEEK 16
TOMORROW'S GAMES
Toronto at Winnipeg, 4:30
Edmonton at **B.C.**, 7:30
MONDAY'S GAMES
Hamilton at Montreal, 10
Saskatchewan at Calgary, 1:30

NFL

AMERICAN CONFERENCE
EAST DIVISION

	W	L	T	PCT
Buffalo	4	1	0	.800
New England	3	1	0	.750
N.Y. Jets	2	2	0	.500
Miami	2	2	0	.500

SOUTH DIVISION

	W	L	T	PCT
Tennessee	5	0	0	1.000
Indianapolis	2	2	0	.500
Jacksonville	2	3	0	.400
Houston	0	4	0	.000

NORTH DIVISION

	W	L	T	PCT
Pittsburgh	4	1	0	.800
Baltimore	2	2	0	.500
Cleveland	1	3	0	.250
Cincinnati	0	5	0	.000

WEST DIVISION

	W	L	T	PCT
Denver	4	1	0	.800
San Diego	2	3	0	.400
Oakland	1	3	0	.250
Kansas City	1	4	0	.200

NATIONAL CONFERENCE
EAST DIVISION

	W	L	T	PCT
N.Y. Giants	4	0	0	1.000
Washington	4	1	0	.800
Dallas	4	1	0	.800
Philadelphia	2	3	0	.400

SOUTH DIVISION

	W	L	T	PCT
Carolina	4	1	0	.800
Tampa Bay	3	2	0	.600
Atlanta	3	2	0	.600
New Orleans	2	3	0	.400

NORTH DIVISION

	W	L	T	PCT
Chicago	3	2	0	.600
Green Bay	2	3	0	.400
Minnesota	2	3	0	.400
Detroit	0	4	0	.000

WEST DIVISION

	W	L	T	PCT
Arizona	3	2	0	.600
San Francisco	2	3	0	.400
Seattle	1	3	0	.250
St. Louis	0	4	0	.000

WEEK 6
SUNDAY'S GAMES
Chicago at Atlanta, 10
Miami at Houston, 10
Detroit at Minnesota, 10
Oakland at New Orleans, 10
St. Louis at Washington, 10
Cincinnati at N.Y. Jets, 10
Baltimore at Indianapolis, 10
Carolina at Tampa Bay, 10
Jacksonville at Denver, 1:05
Green Bay at Seattle, 1:15
Dallas at Arizona, 1:15
Philadelphia at San Francisco, 1:15
New England at San Diego, 5:15
MONDAY'S GAME
N.Y. Giants at Cleveland, 5:30

SOCCER

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USL CHAMPIONSHIP
SUNDAY'S GAME
Puerto Rico at **VANCOUVER**, 4

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Dodgers, Phillies set to face off in NLCS

The Los Angeles Dodgers and Philadelphia Phillies will battle for the right to represent the National League at the World Series when the best-of-seven NLCS gets underway tonight at Citizens Bank Park.

Los Angeles is back in the NLCS for the eighth time in team history, but this is its first time back since its classic seven-game win over the New York Mets en route to its last world championship in 1988.

Philadelphia, meanwhile, is in this round for the seventh time, but will be making its first trip since 1993 when it topped Atlanta in six games.

These teams are also no stranger to one another in the postseason, having met on three other occasions. However, they have not met up in the playoffs since the Phils defeated the Dodgers, 3-1, to advance to the 1983 World Series.

Los Angeles, though, defeated the Phils the first two times these teams squared off in NLCS play.

LINEUP

If the Phillies are clicking on all cylinders there are few lineups, if any, that can produce the kind of runs they can.

Unfortunately, though, the big bats of Ryan Howard and Chase Utley seem to have gone silent for the second consecutive postseason.

After going 2-for-11 in last year's sweep at the hands of the Rockies, Utley managed just two hits in 15 at-bats against the Brewers, while Howard was 2-for-11.

As he has been since he arrived in Los Angeles, Ramirez was the catalyst offensively for the Dodgers in their sweep of the Cubs. The 2004 World Series MVP hit .500 in the series with a pair of home runs and three RBI.

PROGNOSIS

Philly is not going to make as many mistakes as Chicago did. Plus with a series win under their belt, they won't be as tight at the plate.

Prediction: PHILLIES in SIX

METRO NEWS SERVICES

Los Angeles Dodgers outfielder Manny Ramirez

Sports in brief

NHL Chicago Blackhawks forward Ben Eager was suspended three games without pay by the NHL yesterday.

NHL The Buffalo Sabres placed forward Paul Gaustad on injured reserve yesterday.

NFL The New Orleans Saints placed kicker Martin Gramatica on injured reserve yesterday, ending his season.

NFL New England Patriots quarterback Tom Brady reportedly underwent surgery on Monday to repair his injured left knee.

Brady

NFL Dallas Cowboys cornerback Adam Jones reportedly was involved in an altercation with a personal security guard early yesterday morning.

METRO NEWS SERVICES

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Metro Homes

Kitchen of the future

Kitchen doorways are frequently marked with colourful lines that document children's growth patterns. Families have been known to take this section of the doorframe when they move. Will a future appliance have this chronicling feature built in? KITCHENAID

Getting back to reality

UrbanDweller
Carlyn Yandle
carlyn.yandle@metronews.ca

There's something strangely comforting in the news that Americans — and Canadians to a lesser extent — are suddenly forced to live within their means. Too bad it's taken a morally corrupt mortgage-lending scheme, 9-11, and global warming to get here.

'Here' feels like the end of the giddy, greedy era of unrealistic expectations and the beginning of a new sensibility where we're not just consumers anymore. We're getting back to the financial basics, and starting to rethink our needs. One way is to consider our collective power. For example, our apartment building recently bought a pressure washer that individual owners can sign out from a strata council member to clean their own decking, saving us all the cost of renting or purchasing (and storing) our own pressure washers. The same could go for a carpet steam cleaner, a box of tools or a couple of bicycles.

We need to consider the power of vast, instant communication that enables us to, for example, use Facebook to see who might have an extra set of barstools they'd like to unload or a suitcase they'd be willing to lend. Both my sisters found the exact baby carriers they wanted on Craigslist for a fraction of the retail price, and for those with no cash at all there's the swap/trade listings.

Finally, we need to rethink our activities. I'll take an at-home dinner party over an expensive restaurant, or a trek through the Seymour Demonstration Forest over the mall any day.

A bargain end-of-season outdoor dining set, simple matchstick blinds and wood-slat floor mats turn a covered back porch into a reason to play restaurant at home.

Leaky condo syndrome

HouseLeague
Ryan DeLuca
ryan.deluca@metronews.ca

As winter approaches, it seems buyers are beginning to dredge up that fear of leaky condos that plagued hundreds of Vancouver buildings erected in the 90s.

Leaky condo syndrome is a catastrophic failure of the building envelope leading to water ingress that potentially leads to rot and mould.

This was caused by many factors including a shift in building codes allowing for the use of inadequate materials and poor design.

Use a realtor as they have an intimate knowledge of the area you are searching in and will likely be able to steer you away from buildings with known problems.

Second, when writing an offer on a condo, request a Form B from the property management company. It mentions if there are any upcoming assessments being levied against the homeowners.

Third, read through the last two years of strata minutes. Issues that have arisen in that time, including leakage, will be mentioned there.

Fourth, check if the building was built with "rainscreen" technology or if it has been repaired to have it. "Rainscreening" is a small gap between the exterior and interior walls of the structure that allows any water that penetrates from the outside to seep down and escape.

fall harvest the season of warm colours

A garden centre featuring decorator planters with pleasing mixtures of lush blooms, houseplants and colourful seasonal assortments.

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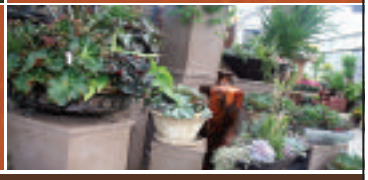

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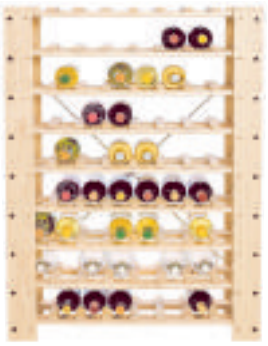

GORM wine/bottle storage unit $85. Solid untreated wood. Holds 72 bottles. Can be treated with oil, wax or glaze paint. W80×D31×H110cm. RA.

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OMAR shelf unit

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OMAR shelf unit $19.99 was ~~$59.99~~. Galvanized steel. Adjustable feet, no tools required. Max. 65kg/143lbs per shelf. L92×H92×D36cm. RA.
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GORM shelving unit
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GORM shelving unit $25. Solid untreated wood. Includes 4 adjustable shelves. **Additional 77×31cm shelf $5/ea.** Max. load per shelf 50kg/110lbs. W77×D31×H174cm. RA.

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GORM shelving unit
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BASTANT basket with handles $16.99. Rattan, clear lacquer. Handwoven. L55×W30×H23cm.

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Holiday decorating

Garnishes like cranberries, pine cones or holly on the outside of your plates give an unexpected festive punch and can complement the colours of your meal. **NEWS CANADA**

Food

"Cardamom is a warm, sweet spice widely used in Scandinavian and East Indian cooking."

Barb Holland/for Metro Canada

A spicy twist

Cardamom pods tend to be used with savoury dishes and ground is wonderful with pears and apples and offers a different taste from the more traditional cinnamon and nutmeg.

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

Give thanks for dessert

À la carte

Barb Holland
Metro Food Writer

Thanksgiving is all about getting together with family and friends, giving thanks and enjoying the bountiful harvest. Sharing is a better word than delegating, and dividing up the meal preparation makes lighter work for all.

Here is a delicious harvest fruit pie that is a break from the traditional pumpkin pie (or in addition!). If it's your turn to bring dessert, make this early in the day and heat just before serving in turned off but still warm oven.

Like many holiday meals, a delicious, warm home-baked pie is the perfect finish to Thanksgiving.

Rustic Apple, Pear and Cranberry Pie

Using puff pastry saves the step of making pastry, just remember to transfer puff pastry from freezer to fridge the day before. If you prefer, you can also use regular pastry in a similar fashion. Makes 8 servings.

INGREDIENTS:

- 1/2 pkg or 1 sheet frozen puff pastry, thawed
- 1/4 cup (60 mL) all-purpose flour
- 1/4 cup (60 mL) brown sugar
- 1 tsp (5 mL) ground cardamom or cinnamon
- 3 medium apples, such as McIntosh
- 3 ripe but firm pears, such as Bartlett
- 1 cup (250 mL) fresh cranberries
- 1 tbsp (15 mL) cold butter, cut into pieces
- 1 egg, beaten with 1 tsp (5 mL) water or milk
- Coarse sugar, about 1 tbsp (15 mL)
- Whipping cream

METHOD:

Preheat oven to 400°F (200°C). Combine flour, brown sugar and cardamom in large bowl. Peel and core apples, cut into wedges 1/4-inch (1 cm) thick. Similarly peel pears, cutting wedges a little thicker. Add to flour mixture, along with cranberries. Toss gently to coat evenly with dry mixture.

On lightly floured surface, roll chilled puff pastry into a 13 x 13-inch (32.5 cm) square, about 1/8-inch (3 mm) thick. Carefully transfer to parchment paper lined pizza pan or other shallow baking pan with a rim. Arrange fruit mixture in centre, leaving a 2-inch (10 cm) edge (you can trim off corners for a neater look). Fold edge over filling. Dot filling with butter pieces. Brush pastry with egg wash, then sprinkle with coarse sugar for a golden crust. Bake 15 minutes, then reduce heat to 375°F (190°C) and continue baking until pastry is golden brown and crisp and fruit is tender, 30 to 40 minutes. Serve warm with lightly whipped sweetened cream.

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

This recipe has a prep time of 15 minutes, a cooking time of three minutes and a refrigeration time of 30 minutes. Makes 20 balls.

Chewy, nutty power balls

Instead of a taking store-bought energy bars on your next hike — try these. They taste great, transport beautifully without crumbling and are a lot less expensive when you make them yourself.

Peanut Power Balls

INGREDIENTS:

- 2 cups (500 mL) granola
- 1/3 cup (75 mL) chopped peanuts
- ¼ cup (50 mL) each dried cranberries and raisins
- ¼ cup (50 mL) wheat germ or ground flax
- 2 tbsp (30 mL) each pumpkin seeds and shredded coconut
- ½ cup (125 mL) honey
- ½ cup (125 mL) peanut butter

METHOD:

In a large bowl, stir granola with peanuts, cranberries, raisins, wheat germ, pumpkin seeds and coconut. In a small saucepan bring honey to boil. Boil vigorously for approximately 30 seconds then whisk in peanut butter. Add to granola mixture and stir to combine.

While mixture is warm, firmly form into 1½-inch (3.5 cm) balls. Refrigerate until firm. Store in an airtight container up to 2 weeks. Twist balls in waxed paper for perfect portability.

more info

- Per serving: 144.1 calories, 3.9 g protein, 19.7 g carbohydrates, 2 g dietary fibre, 51.7 mg sodium, 6.6 g total fat.
- Visit the website of the Peanut Bureau of Canada for more recipes: peanutbureau.ca/Canada.

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Style

Anne Hathaway on fame, men and facing a major heart-break—only in ELLE Canada!

ELLE CANADA

STYLE CONTENT BY ELLE CANADA ellecanada.com

From Russia with Love

Olga Kurylenko kicks as Bond's feisty femme fatale!

By **David Giammarco**
Contributing Writer

From escaping poverty in the Soviet Union to landing the coveted role of a Bond girl, Olga Kurylenko has a real-life tale that could have been ripped from the pages of a Cold War spy thriller. "Everything that's happened to me seems like a dream," confesses the sultry green-eyed beauty on the London set of Quantum of Solace. "I keep thinking that I'll wake up and be right back where I started."

Born in Berdyansk, an isolated town in southwest Ukraine, Kurylenko grew up in a tiny apartment with her mother and grandmother. Years before she became Bond's latest squeeze, the 29-year-old made a name for herself in the modelling world, appearing on the covers of ELLE, Vogue and more.

When she received a call last Christmas Eve, telling her she'd won the role of Camille — a feisty femme fatale who reluctantly joins forces with James Bond — Kurylenko let out a scream. "I had been through so many rounds of auditions that I was sure I wasn't going to get it," she says. Within days she was in London, working with a dialect coach to learn Spanish with a Bolivian accent. And if that wasn't enough pressure, she was signed up for kickboxing, skydiving and stunt training. "They kept pushing me, but I'm so glad because I was able to do all the fight scenes myself."

To prove her point, Kurylenko rolls up her sleeve and shows her fresh bruises. "I like to try things that seem impossible. I don't want things to be easy in life. What can you achieve if you have nothing to overcome?" Spoken like a true fighter.

MUSIC - TOP 3 CDS

● A soulful voice, a vast palette of musical influences and a songwriting talent that threatens to burst the seams of genres like rock and R&B distinguish **Shawn Hewitt**'s long-awaited **Spare Hearts** (EMI). ● **Inspiration Information** (Strut/!K7/Outside Music) is the fabulous first product of a series that puts varied musical collaborators—like Amp Fiddler and Sly & Robbie—together for intensive five-day sessions. ● **The Stand Ins** (Jagjaguwar/Sonic Unyon) is **Okkervil River**'s fifth full-length album in seven years. The prolific band earns its critical renown with melancholy, rootsy pop tunes that feature beautiful guitar and incisive lyrics.

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Wool, BZR ($635, info@agencemelaniemclean.com)

Wool, H&M ($129, *hm.ca*)

Wool, polyerster and acrylic, Sicily ($395, *manteaux.com*)

Wool, polyamide and viscose, Manteaux Manteaux ($350, *manteaux.com*)

STUDIO ANDRÉ DOYON

EDITORS' PICK

Rosebowl

Put away the bronzing powder—this fall, a healthy glow comes courtesy of a wash of pink on the cheeks, as seen on models at Missoni. "It should look like you've just come in from a long walk outside," says Gérald Bélanger, national makeup artist for Chanel. For a natural flush, sweep a transparent, rosy blush on the apples of the cheeks. Pair it with rosy-pink lipstick and a coat of black mascara.

Clarins Joli Rouge Lipstick in 707 Petal Pink ($26)

Guerlain KissKiss Lipstick in Rose Désir ($33)

WHAT'S NEW

Crack open those old science textbooks! The latest line from Voss Laboratories promises to slow the signs of aging with a polypeptide that uses your own stem cells. By accelerating new cell production, Amatokin Emulsion for the Face keeps fine lines at bay.

Voss Laboratories Amatokin Emulsion for the Face ($190)

Film: A World History

HOT BOOK: CINEMATIC MOMENTS

An impressive team of writers, journalists and scholars has created **Film: A World History**. Designed like a travel guide, the book is a compact and concise illustrated chart devoted to cinematic movements and genres that includes industry timelines and brief biosof actors (from Grace Kelly to Julia Roberts) and directors (from Akira Kurosawa to Quentin Tarantino). Combining blocks of type with cinema stills in a pocket-sized format, it will fit into your purse for easy reference at a glittering film festival or the local repertory house. SANDRA MARTIN

ELLE CANADA

Can adult acne be conquered? Five experts weigh in on how to banish breakouts for good.

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J.C. Penney to carry Charlotte Ronson line

Mid-tier retailer J.C. Penney Co Inc is pairing with trendy designer Charlotte Ronson to sell an exclusive sportswear line as it tries to boost market share. The I (Heart) Ronson collection targets 21- to 35-year-old women. REUTERS

Style

Love for Life bracelets

Aldo has partnered with YouthAIDS to create limited edition Love for Life bracelets with 100 per cent of the net proceeds benefiting HIV prevention efforts in Rwanda. This includes the work of the Rebero Orphan Centre which cares for victims and orphans of the Rwandan Genocide. The bracelets will be available in three styles: Silver and gold tone cuffs for women and a rubber wristband version for men. Available at Aldo, Aldo Accessories and online at *aldoshoes.com* for $5. METRO NEWS SERVICE

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

Hats off to embellishment

Style **File**

Kim Elbo
kim.elbo@metronews.ca

ask kim

Are there any brands that specialize in boots for women with skinny calves? Most boots I try on are huge around the calf.

Try Michael Kors and Geox boots. If those brands aren't available near you, shop online at *zappos.com* — they have a specialty section for people with narrow calves.

Vancouver's Kim Elbo has a passion for fashion. Here she shares the latest style tips.

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theliplounge.com

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Shop: Front & Co.
Address: 3742 Main St.
frontandcompany.ca

Fedora
Designer: Honey Love Designs
Shop: Room 430 Boutique
Address: 430 Homer St.
honeylovecouture.com

Magazine Tote
Designer: American Eagle
Shop: American Eagle
Address: Various Locations
ae.com

Waist Pack
Designer: Roots
Shop: Roos
Address: Various Locations
roots.com

Tie Up
Designer: m0851
Shop: m0851
Address: 1035 Alberni St.
m0851.com

hats

Classic cut hats embellished with feathers, belts and contrasting fabrics are what to look out for this season. The cloche was a popular item last year and it looks like it's here to stay. Look for a cloche with a brim that is longer in the front and shorter in the back. The stingy brim fedora by Honey Love Designs is a favourite of mine; the feathers add elegance and style. A hat you will find everywhere is the schoolboy cap, it's casual and looks good on almost anyone.

accessory

Support the Canadian Breast Cancer Foundation by buying Mavi's "Dress in Good Conscience" T-shirt. Minimum donation is $25, available at Mavi.

bags

Sometimes all you need is a simple bag to carry for a specific item. The magazine tote by American Eagle can hold your magazines, novels and sketch books, perfect for transit travelling or study dates. The waist pack by Roots is my favourite; fill it up with treats and little baggies for when you're out walking your dog.

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Mirren joins The Tempest
Oscar-winning actress Helen Mirren has signed up to star in a big-screen adaptation of Shakespeare's The Tempest, according to reports. **BBC NEWS ONLINE**

Entertainment

A-list actor
Actor Steve Carell has officially made it onto the Hollywood A-list — he has signed a multi-million dollar three-movie deal with studio Warner Bros.
IMDB.COM

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

●●●●● A CLASSIC; ●●●● EXCELLENT; ●●● GOOD; ●● FAIR; ● POOR

Oasis dig out, Dylan brilliant

Oasis

Album: Dig Out Your Soul
Label: Big Brother/Warner
Rating: ●●●

TO EXPECT this Britpop act to regain its mid-'90s peak might be asking for the moon. But this seventh album stands as the first time in a while that the Brothers Gallagher actually sound like they care about what they commit to disc. When they're on, Bag it Up, Ain't Got Nothin' and The Shock of the Lightning swirl gloriously with louder guitars, looser 'n' brasher backbeats and singer Liam Gallagher's cocky Britpop snarl. When they're off, Oasis spiral into Beatles wannabes, riff-copping from the Doors and Pink Floyd, even rewriting the '60s hit Hi-Heel Sneakers and passing it off as (Get Off Your) High Horse Lady … so, typical Oasis.

Ian Nathanson/for Metro Canada

Jennifer Hudson

Album: Jennifer Hudson
Label: Arista/Sony BMG
Rating: ●●●½

WHY DOES EVERY R&B artist feel compelled to pad out their album with three or four big-name "friends?" So it is with Jennifer Hudson's debut with three tracks featuring Ludacris, Fantasia and T-Pain. Hudson doesn't need their help. She's got one of the finest R&B voices since Whitney. When Ludacris steps in on the already edgy Pocketbook, you want to smack him off the microphone. And the title of Track 4, What's Wrong (Go Away) can only be about T-Pain and his evil voice distorter. Hudson's extraordinary vocal talent manages to win out over all this friendly interference and synthetic production. Tracks like Giving Myself and You Pulled Me Through are killers. And I'm Telling You I'm Not Going will pop your eyes out of their sockets.

Graham Rockingham/for Metro Canada

Album Reviews

music@metronews.ca

Bob Dylan

Album: Tell Tale Signs Rare and Unreleased 1989-2006
Label: Columbia/Sony BMG
Rating: ●●●●½

A LOT OF artists have prolific careers, but how many can say that they've recorded eight albums worth of rare and unreleased material? Only one: Bob Dylan. The latest instalment of the legendary folkie's "Bootleg Series" — the first was released in 1991 — covers his years from Oh Mercy to 2006's Modern Times and boy, it's a doozie. Even though these tunes are a combination of throwaways, demos, movie tracks and unreleased material, almost all of the 27 songs are brilliant. It's hard to choose what's best here, but the thumping stripped-down disc opener Mississippi is a good start.

Bryan Borzykowski/for Metro Canada

WARNER MUSIC PHOTO

Dig Out Your Soul, the latest album from Britpop act Oasis, is now available in stores.

The Clash

Album: Live At Shea Stadium
Label: Sony BMG
Rating: ●●●½

ONLY THE WHO could have had the Clash open for them. The Clash would have blown any other band off the stage. They were that good, perhaps the last of the great rock 'n' roll bands. There'll be lots of debate about whether this 1982 concert at Shea Stadium (yes, they opened for the Who), represents the Clash at its best. It's certainly the band at its tightest and most popular. The dissension that had already started to tear apart the band is not apparent here. And Strummer, Jones, Simonon and Chimes are playing all the hits. London Calling, Rock the Casbah, Train in Vain, Should I Stay Or Should I Go, Spanish Bombs, Guns of Brixton, I Fought the Law, Police On My Back and the magnificent Clampdown. Live At Shea is not up there with Live At Leeds, but worth a listen to experience this great band in concert.

Graham Rockingham/for Metro Canada

Rise Against

Album: Appeal to Reason
Label: Universal
Rating: ●●●½

AFTER HE RELEASED his 2006 album Living With War, Neil Young said he felt obligated to protest the Iraq war since no musicians from the new generation were doing it. Well, they're protesting now.

Rise Against, the Chicago-based quartet led by two churning guitars, are political. Relentlessly and unapologetically. Tim McIlrath, the band's lyricist, guitarist and lead singer comes right at you like a pack of PETA activists on a fur-wearing starlet. Appeal to Reason is an aggressive, loud album, but not at the expense of melody. And there are some ear-catching changes to keep things interesting.

As with most protest music, occasionally things get melodramatic (the acoustic Hero of War), but at least it's well intentioned. Plus, it's refreshing to see modern artists say something beyond buy my ringtone or try my cologne.

Jim Reyno/Metro Canada

Mobile

Album: Tales From The City
Label: Universal
Rating: ●●●

WHEN PEOPLE TALK about all the good bands from Montreal, they usually forget about Mobile. The omission is likely because the group is a radio-friendly rock band. Sure, they're not as interesting as Arcade Fire, but their new album should get more people talking. While it still has plenty of hooks, it's much less single-driven than their debut, and personal issues — guitarist Christian Brais's mother was diagnosed with cancer last year — have forced the band to turn inward lyrically, resulting in a more focused and wiser five-piece.

Bryan Borzykowski/for Metro Canada

Read our review of Les Paul & Friends, A Tribute To A Legend, at metronews.ca/music

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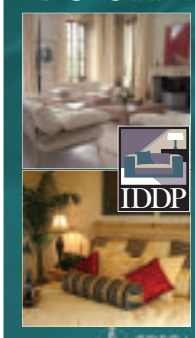

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Idol goes to indie market with new album
Singer Taylor Hicks will release his second solo album with indie label Artist to Market. TVGUIDE.COM

Ben Folds breaks out of music block

BRYAN BORZYKOWSKI
for Metro Canada

Ben Folds' latest album, Way To Normal, is now in stores.

Whether you like pop pianist Ben Folds or not, it's hard to argue that the New York-based artist hasn't had a prolific career. He's released four critically acclaimed records with Ben Folds Five, three solo albums and he's worked with everyone from William Shatner to Nick Hornby. So it's surprising to hear that he finds writing songs a constant struggle.

"I've gone through stretches of time without even considering writing a song," he says from his place in the Big Apple. "When I get caught up in work, or life or promotion I stop writing."

Some of those non-writing stretches have been so bad that Folds wondered if he'd ever pen another song again. So, for his new album, Way To Normal, he made sure his producer Dennis Herring, who has worked with Modest Mouse, would push him to write.

"Dennis was good about keeping me motivated," he says. "But I'm trying to hang on to my writerdom because it's valuable and if I've got enough initiative to finish these songs, everyone will get to hear another track."

And that would be good news for Folds' still rabid fans. His new album isn't a major departure from his previous work — the artist's best writing is and always will be based on his piano-driven pop — but its sugary hooks and familiar cynicism will easily satisfy his dedicated followers and possibly win over new listeners too.

"I'm trying to hang on to my writerdom because it's valuable and if I've got enough initiative to finish these songs, everyone will get to hear another track."
Ben Folds

Although the album has been completed for months, he hasn't rested on his laurels. In fact, he wrote another album, dubbed the Fake Album, after Way To Normal was completed. Folds leaked six songs — which were recorded in one night, and are surprisingly well done all things considered — to the Internet in the hopes that some people would be tricked into thinking the tunes were off the new disc. While he wanted to screw with downloaders, he also wrote the disc "partially because I was in the groove for writing songs."

It's clear that he's trying hard to stay focused on his songwriting, though he admits that's easier said than done. "I'm definitely motivated," says the fast-fingered keyboardist. "But I'm promoting my record 24 hours a day, so who knows what will happen."

Symphony

- To keep the creative juices flowing, he's talking about penning an orchestral album. "I want to do it, but it's very expensive," he says, pointing out that he has a residency at the Sydney Opera House coming up.

Entertainment in brief

COURT Britney Spears' driving without a licence trial will continue as scheduled, according to a ruling released Tuesday, TMZ.com reports. The pop star's lawyer J. Michael Flanagan was trying to have the charges reduced, have the case put on hold or dismissed entirely. A pretrial hearing was set for yesterday, with the trial set to begin yesterday. The trial stems from a misdemeanour charge of driving without a valid California driver's licence after Spears hit a parked car in August 2007 and left the scene. It wasn't unexpected — Flanagan said at an earlier hearing that the court might reject his filing and he would have to appeal the conviction.
METRO NEWS SERVICES

INJURY Olympic volleyball star Misty May-Treanor is recovering from surgery after an ankle injury forced her to pull out of TV show Dancing With The Stars, imdb.com reports. The two-time Olympic gold medal winner damaged her Achilles tendon during rehearsals for the hit program on Friday. She is resting at home after surgery on Tuesday to repair the injury. May-Treanor appeared on crutches and with her leg in a cast at the end of the show on Monday, telling viewers: "I heard a pop. I was doing the Lindy Hop. I thought I flew out of control and hit the judges' stairs, or it felt like I got hit in the back with a baseball bat. Then, I just couldn't put weight on it."
METRO NEWS SERVICES

HOUSEFIRE A fire at Nick Nolte's home in Malibu, Calif. gutted his living room Tuesday, but the actor escaped with minor injuries after trying to douse the flames with a garden hose, officials said. The 67-year-old star of movies such as Tropic Thunder suffered smoke inhalation and minor abrasions in the fire, which was caused by an electrical problem, Inspector Sam Padilla, a spokesman for the Los Angeles County Fire Department, said. The fire caused $3 million in damage to the structure and contents of the house but the home was not destroyed, Inspector James Barnes of the fire department said. The flames were confined to the living room.
REUTERS

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New life injected into renewed Life on Mars

IntelleVision

Rick McGinnis
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TIME AFTER TIME: The American adaptation of the British hit Life On Mars premieres tonight on ABC and Global after a troubled production history that only confirmed the deep misgivings fans of the original show have felt since it was announced almost a year ago, back when David E. Kelley was still supposed to be at the helm.

Kelley is long gone, and the North American version has already gone through an almost total recasting and change of location since the first pilot was leaked onto the Internet back in June.

Both versions of the pilot stuck pretty closely to the plot of the BBC original — police detective Sam Tyler is chasing a killer who has abducted his police officer girlfriend when he's hit by a car and wakes up 25 years in the past, on the same spot, but wearing a greasy leather coat and shirt with period-perfect wing-like collar. The iPod in his car playing the David Bowie song that gives the show its title has been transformed into an 8-track player, and his high-tech, politically sensitive squad room replaced by a gang of thugs with badges led by one Gene Hunt, a walking violation of Miranda rights.

Only Jason O'Meara as Tyler survived the recasting and location change ABC made over the summer. The original pilot, set in 1973 Los Angeles, was pretty dismal stuff — Colm Meaney's Gene Hunt was completely lacking the swagger and menace of Philip Glenister in the original, but let's not be too hard on Meaney; Glenister's Hunt was a tour de force role by a great actor primed and ready for a role this good. ABC had to call in the big guns — Harvey Keitel, in this case — to find an American Hunt that came close to Glenister's original, and though Keitel doesn't have near the profane joy of Glenister as Hunt, he brings a new hint of perversity and the added cache of having helped define the cinematic image of New York in the '70s with his roles in Mean Streets and Taxi Driver.

Only Jason O'Meara as (Sam) Tyler survived the recasting and location change ABC made over the summer.

O'Meara's second shot at Tyler is a major improvement from his first, and the major lack of chemistry between Tyler and Rachel Lefevre's proto-feminist policewoman Annie Cartwright was solved by casting Gretchen Mol in the role's New York rethink. Putting Mol in a fetching uniform that echoes Liz White's Annie in the U.K. version was inspired, as was the chase scene in the reshot pilot set to The Sweet's Little Willie. The shot of Tyler gazing in shock at the still-standing World Trade Center towers was perhaps a bit obvious, but it worked, and the pacing of the New York pilot was infinitely better, as was the production design, which marvelously evokes the crap-tacular steaminess of the city's "Ford to New York: Drop Dead" era. There are still major problems with ABC's Life On Mars, but it's head and shoulders above awful pilot for Fringe, which has nonetheless won season renewal from Fox, but only time — and ratings — will tell whether there's life in this Life On Mars.

Rick McGinnis writes about music, movies, books and television, but not opera.

VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 10/9/08	251	308	3 CBC	HNIC-Concert	NHL Hockey Calgary Flames at Vancouver Canucks. From General Motors Place in Vancouver.						CBC News: The National (N)	
	255	358	6 JOY	E! News (N)	The Insider	Name Is Earl	Kath & Kim	Abducted (2007, Drama) Sarah Wynter. Premiere. (CC)				News (N)
	254	-	8 M	Two/Half Men	Two/Half Men	Mandarin News		Cantonese News (N)		Punjabi News (In Punjabi N)		Metropia
	250	321	9 CTV	etalk (CC)	Dance	CSI: Crime Scene Invstgtn.		Grey's Anatomy (N) (CC)		ER (N) (CC)		News (N)
	-	-	10 OMNI	Scrubs (CC)	According-Jim	Smallville "Instinct" (N) (CC)		Supernatural (N) (CC)		The Daily	Diya (CC)	New Day
	252	336	11 GTV	Entertainment	ET Canada	Survivor: Gabon (N) (CC)		The Office (N)	SNL Update	Life on Mars (CC)		News (N)
	256	389	12 VI	Robson Arms	TMZ (N) (CC)	To Be Announced		America's Next Top Model		Eleventh Hour "Resurrection"		News (CC)
	253	359	13 CITY	Law & Order: SVU		Ugly Betty (N) (CC)		Glam God With Vivica A. Fox		Friends (CC)	Friends (CC)	Realty TV
	-	-	14 CW	Deal-No Deal	Deal-No Deal	Smallville "Instinct" (N) (CC)		Supernatural (N) (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	Survivor: Gabon (N) (CC)		CSI: Crime Scene Invstgtn.		Eleventh Hour "Resurrection"		News (N)
	287	379	16 NBC	Evening Mag.	Inside Edition	Name Is Earl	Kath & Kim	The Office (N)	SNL Update	ER (N) (CC)		News (N)
	602	568	19 W	Will & Grace	Friends (CC)	Divine Design	House	Confidential	House	Open House	Real Est	Love It-List It
	288	380	21 ABC	Wheel-Fortune	Jeopardy! (N)	Ugly Betty (N) (CC)		Grey's Anatomy (N) (CC)		(:01) Life on Mars (CC)		News (N)
	-	-	26 KVOS	M*A*S*H	Seinfeld	Ghosts of Mars ★ (2001) Ice Cube, Natasha Henstridge.				King	Still Standing	Scrubs (CC)
	291	383	27 PBS	Gubernatorial Debate		Baseball "The Faith of 50 Million People" (CC) (DVS)				Conver-KCTS	Ready Digital	Spain
	290	382	28 FOX	MLB Baseball: NLCS		Cops (CC)	King of Hill	King of Hill	Family Guy	News (N) (CC)		Family Guy
	-	364	48 PBS	Spain ... On the Road Again		Red Green	Summer Wine	Tavis Smiley	Charlie Rose (N) (CC)		This Old Hse.	Hometime
	296	654	54 SBK	Frasier (CC)	Frasier (CC)	Punk'd (CC)	South Park	Cheers (CC)	Half & Half	The Insider	Entertainment	Paid Program
	298	653	55 TLA	Two/Half Men	Two/Half Men	Smallville "Instinct" (N) (CC)		Supernatural (N) (CC)		KTLA Prime News (CC)		Friends (CC)
	295	651	56 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Sex and-City	Friends (CC)	Will & Grace	My Wife-Kids
	297	652	57 WPX	CW11 News at Ten		Two/Half Men	Friends (CC)	Sex and-City	Will & Grace	According-Jim	Frasier (CC)	Odd Couple
	199	311	76 STR	News (N)	News		Late Show-Letterman		ET Canada	Entertainment	Life on Mars (CC)	
news	502	390	29 NW	CBC News: The National (N)		CBC News: The National (N)		CBC News: The National		Politics with Don Newman		The Hour
	500	500	69 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	MLB Baseball: NLCS Game 1 -- Teams TBA			Sportsnet	Sportsnet Connected		Sportsnet Connected		Sportsnet
	400	400	30 TSN	SportsCentre (Live) (CC)			Off the Record	Rings	NFL Films	Poker Night (Taped)		SportsCentre
	411	457	49 OLN	Pilot Guides	Odyssey	Pilot Guides (CC)		Don't Forget Your Passport		Commando: On the Front Line		Survivorman
	410	403	50 SCR	Football	Score Tonight	Score Tonight		Final Score	Final Score	Sports Rage		Final Score
	417	406	65 SC	Wrecked (N)	Wrecked	Pinks	Pinks -- All Out		Inside GP	Formula One Racing		
	416	409	144 GLF	Extra Time		Gol TV News		Extra Time		Gol TV News		Extra Time
family	552	543	25 YTV	H2O, Just Add	Prank Patrol	Malcolm-Mid.	Sabrina-Witch	Futurama	Prank Patrol	Mystery Hnt.	Adrenaline	Mystery Hnt.
	555	545	50 TEL	George	Bugs Bunny & Tweety Show		6teen	Total Drama	Futurama	The Critic (N)	Chicken	Code
	557	541	51 FAM	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	56 TRE	Comfy Couch	Rolie Polie	Beren. Bears	Babar (CC)	Backyard	Dora-Explorer	Go, Diego, Go!	Franklin	Big Comfy
cable variety	268	354	3 KNO	Leading Edge	Big Ideas	Himalaya With Michael Palin		Art of the Heist (N) (CC)		Socialist, Architect		Trespass
	575	583	20 CMT	Hope & Faith	Hope & Faith	Backstage	Terri Clark	Home Imp.	Home Imp.	Reba (CC)	Reba (CC)	Hope & Faith
	570	580	24 MM	Greek "Multiple Choice"		Muchmusic Countdown (CC)			Pimp My Ride	Legally Blonde Triple threat.		Spotlight
	600	564	29 H&G	Home to Flip	Real Renos	Holmes on Homes (CC)		The Fix (CC)	Disaster DIY	Home to Flip	Real Renos	Holmes
	615	520	31 A&E	Jacked: Theft	Jacked: Theft	Crime 360 (CC)		The First 48 (CC)		The First 48 (CC)		Jacked: Theft
	628	584	32 SPKE	(6:00) TNA iMPACT! (N) (CC)		The Ultimate Fighter		MXC (CC)	MXC (CC)	Married... With	Married... With	Bullrun (CC)
	521	560	34 TLC	LA Ink "Help Wanted" (N)		American Chopper (CC)		LA Ink "Help Wanted" (CC)		Overhaulin' 1957 Corvette.		LA Ink (CC)
	616	522	39 SHO	Painkiller Jane "Fear Itself"		ReGenesis (CC)		Trailer Park	Trailer Park	Saving Grace (CC)		House (CC)
	620	523	40 BVO	Heavy Metal	Bravonews	Law & Order "Angelgrove"		Without a Trace (CC)		Heavy Metal ★★ (2005, Documentary) (CC)		
	601	562	41 SLC	The Biggest Loser (CC)		Rich Bride, Poor Bride (CC)		X-Weighted Amy's husband.		The Biggest Loser (CC)		Trading Sp
	520	505	42 DIS	MythBusters "Viral Hour"		Daily Planet (CC)		Monster Moves (CC)		Mystery of the Crystal Skulls (CC)		
	522	506	44 HIS	NCIS "Marine Down" (CC)		Lost Worlds (CC)		Secrets of the Dead (CC)		NCIS "Marine Down" (CC)		Crime Stories
	627	528	45 SPC	Chuck (N) (CC)		Stargate SG-1 "The Scourge"		Lost "Do No Harm" (CC)		Star Trek: Deep Space Nine		Star Trek
	294	650	47 TBS	A Night at the Roxbury ★ (1998) Will Ferrell.			Sex and-City	Sex and-City	(:45) A Night at the Roxbury ★ (1998) Will Ferrell. (CC)			
	619	525	48 TROP	Beverly Hills, 90210 (CC)		Make	What	Family Guy	Seinfeld	Seinfeld	Frasier (CC)	Family Guy
	603	561	52 FN	Jamie's Kitchen Australia		Restaurant Makeover (CC)		Challenge (CC)		Unwrapped	Secret Life of	Jamie
	626	547	57 COM	Air Farce	Just for Laughs (CC)		Corner Gas	The Simpsons	South Park	VIP	Comedy Net	Daily Show
	320	621	60 CEN	(6:30) Phil the Alien ★★ (CC)		The Kite Runner ★★ (2007) Khalid Abdalla. Premiere. (CC)				(:10) Flushed Away ★★★ (2006) (CC)		
	581	566	101 MTV	Exiled (CC)	MTV Cribs	MTV Live	After	Man and Wife	The Hills	Exiled (CC)	MTV Cribs	MTV Live
	261	394	102 V	(6:00) Ghosts of Mississippi ★★ (1996) (CC)			Recreat. Eden	A Family Thing ★★ (1996, Drama) Robert Duvall. (CC)				Paid Program
	-	-	106 MUL	Matchmaker	Daughters	Vancouver	Kirdaar	Dheeyan Ghar	Sadabahar	Desi-Mama	Desi Rhythms	Patrol World

critics' corner

Eleventh Hour
Science — ain't it cool? Depends on how it's used. In this new drama series, it's the job of Jacob Hood, a biophysicist who works as an adviser to the government, to fight those who would use scientific breakthroughs for bad ends. British actor Rufus Sewell ("John Adams") plays Hood, with Marley Shelton as the FBI agent assigned to watch his back. 10 PM on CBS

Kath & Kim
Only eight years apart in real life — which is seven years wider than the gap between their counterparts Down Under — Molly Shannon and Selma Blair play the titular mother and daughter in this Americanization of a hit Australian sitcom. Kath is a 40-something divorcee, and Kim is her spoiled offspring, who moves back in with her after a failed marriage. Next stop, Dysfunction Junction. 8:30 PM on JOY NBC

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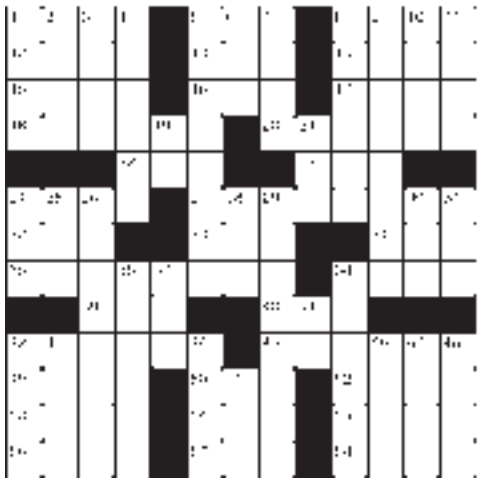


Crossword across

1 Galvanizing material
5 Recent horror film franchise
8 Invitation initials
12 Hydrox look-alike
13 Ante-
14 Duel tool
15 Ham's dad
16 Real estate ad abbr.
17 "Phooey!"
18 Clothe
20 Ordeals
22 Vast expanse
23 Crow's cousin
24 Three-piece suit feature
27 Rule out
32 Mischievous tyke
33 Kreskin's claim
34 One side of the Urals (Abbr.)
35 The "who" in a whodunit
38 Bohemian
39 A Gershwin
40 Hostel
42 Changes
45 Snacked (on)
49 Mideast strip
50 Comical sort
52 Path left behind
53 Finished
54 Hearty brew
55 Divisible by two
56 Indiana city
57 Standard
58 Take five

Crossword down

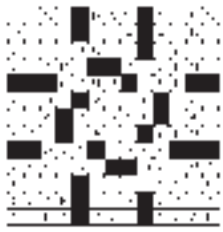
1 Region
2 Press
3 Approach
4 Kelly, to Regis
5 Butter knife, e.g.
6 Branch
7 Into the sunset
8 "Automatic" telephone feature
9 One sitting carelessly
10 Osso buco meat
11 Household members
19 Exist
21 Vitamin stat
24 Energy
25 Ostrich's kin
26 Wine + soda water
28 British verb suffix
29 Type of spaniel
30 See 47-Down
31 Ironically humorous
36 Glum
37 Listener
38 Response
41 "Fuhgeddaboudit!"
42 Enthusiastic, plus
43 Stromboli outpouring
44 Trade
46 Possess
47 With 30 Down, supplements
48 Fender bender result
51 Carte lead-in

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

		2					8	4
	3	9		4	8			
6			1					
1		7	6		2			
	5						9	
			3		5	2		1
					4			7
			7	6		3	1	
8	7					9		

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



5	7	2	8	1	9	4	3	6
9	4	8	2	3	6	1	5	7
1	3	6	5	4	7	2	8	9
8	6	9	7	5	1	3	2	4
3	5	4	6	9	2	8	7	1
2	1	7	3	8	4	9	6	5
7	9	3	1	2	5	6	4	8
6	2	1	4	7	8	5	9	3
4	8	5	9	6	3	7	1	2

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SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Recipe of the day

Orange beef stir-fry with broccoli and red pepper

INGREDIENTS:
½ cup (250 ml) orange juice
2 tbsp (25 ml) reduced-sodium soy sauce
1 tbsp (15 ml) oyster-flavoured sauce
1 tbsp (15 ml) rice vinegar
1 ½ tsp (7 ml) hot red pepper sauce
1 ½ tsp (7ml) cornstarch
1 tbsp (15 ml) vegetable oil
12 oz (340 g) flank steak, trimmed, halved lengthwise and cut into ¼-in. (5-mm) strips
1 tbsp (15 ml) minced fresh ginger
2 tsp (10 ml) freshly grated orange zest
3 garlic cloves, minced
1 cup (125 ml) sliced onion
1 lb (500 g) broccoli crowns, cut into 1-in (2.5-cm) florets
1 red or yellow pepper, cut into 2-in x 1/4 –in. (5-cm x 5-mm) slivers

METHOD:
In bowl, whisk orange juice, soy sauce, oyster sauce, vinegar, red pepper sauce and cornstarch; set aside.
2. Heat 1 tsp (5 ml) oil in large skillet or wok over high heat. Add half the steak and cook until browned underneath (about 1 minute). Turn and cook again (about 30 sec). Transfer to a plate. Repeat with remaining steak.
3. Add remaining oil to skillet. Add ginger, orange zest and garlic. Stir-fry until fragrant. Add onion and stir fry for 1 minute. Add broccoli and pepper, then stir-fry for 30 sec. Add ¼ cup (50 ml) water, cover, and cook until crisp-tender. Push vegetables to the outer edges of pan. Stir reserved sauce, pour into centre of pan and cook, stirring, until glossy and thickened. Stir vegetables into sauce, return steak to skillet, and turn to coat.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
You'll inspire thoughts of generosity. A significant meeting occurs in an out of the way place. Others may panic, but you'll go with the flow.

TAURUS
APRIL 21-MAY 21
A tempting bargain is offered. Read the fine print before you sign anything. Your response can make a difference.

GEMINI
MAY 22-JUNE 21
Too much closeness may defuse an infatuation. The energy you need will magically appear. Frustration results from a careless comment.

CANCER
JUNE 22-JULY 22
A conversation makes you euphoric. A lost shoe appears in an odd location. A naive guy makes something happen.

LEO
JULY 23-AUG 23
Inspirational news has you dancing for joy. A missing person is gossiped about. An unbelievable friend will succeed.

VIRGO
AUG 24-SEPT 22
A troublemaker is being finicky about details. You'll find what you're looking for. A strong-willed person inspires you to claim your freedom.

LIBRA
SEPT 23-OCT 23
Be practical with a professional. Relief materializes after hearing some news. Don't make a stand in a tense situation.

SCORPIO
OCT 24-NOV 22
You'll search desperately for something important. A close friend feels down in the dumps. Someone's wish can worsen a situation.

SAGITTARIUS
NOV 23-DEC 21
Illness cancels plans for the evening. You hear good news about a potential job. Try a different approach to a predicament.

CAPRICORN
DEC 22-JAN 20
Avoid obsessing over trivial mistakes. An intimate friend speaks the truth. Beware of overeating to get emotional comfort.

AQUARIUS
JAN 21-FEB 18
Find your dream job through an old friend. Elevate yourself beyond anxiety. Think twice about changing your appearance.

PISCES
FEB 19-MARCH 20
Your personal magnetism is set on high. Very little progress is made on an important project. Your resilience comes to the forefront.

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Dick not laughing about renovation
Comedian Andy Dick is suing the bosses of a construction company over claims they never completed the contracted renovation of his home. IMDB.COM

Celebrity Buzz

Renee bulking up for love?

HEALTH Renee Zellweger has reportedly gained 10 pounds in a bid to find a new man, femalefirst.co.uk reports.

"Renee was worried her slim frame made her look gaunt, sickly and, worst of all, old. She is going to be 40 in six months and doesn't want to be single then," a source said.

Zellweger, who packed on the pounds to play Bridget Jones in the 2001 movie Bridget Jones's Diary and 2004 the sequel Bridget Jones: The Edge of Reason, has reportedly completely changed her diet to maintain her new curvy figure.

"Renee used to eat only fresh fruit for breakfast, but now she allows herself the odd doughnut or bagel with cream cheese," the source told Look magazine. "Instead of working out five or six times a week, Renee isn't freaking out if she misses a session. She was so focused on maintaining a killer body that she was neglecting other aspects of her life."

METRO NEWS SERVICES

GETTY IMAGES PHOTOS

Latifah mum on sex life

SEXUALITY Rapper/actress Queen Latifah is not answering questions about her sexuality, usmagazine.com reports.

"I don't have a problem discussing the topic of somebody being gay, but I do have a problem discussing my personal life," Latifah, 38, told Sunday's New York Times magazine.

"You don't get that part of me. Sorry," she added. "We're not discussing it in our meetings ... nobody gets that. I don't feel like I need to share my personal life, and I don't care if people think I'm gay or not," she said. "Assume whatever you want. You do it anyway."

Latifah had been linked to her longtime personal trainer. Last December, she denied rumours that they were getting married.

"People will make up all sorts of things that are not true," she told the Chicago Sun-Times. "There ain't gonna be no wedding."

METRO NEWS SERVICES

Celebrity brief

Winslet denies taking Westwood role

CASTING Actress Kate Winslet has denied she will portray Vivienne Westwood in an upcoming movie about the fashion designer's life, imdb.com reports.

Reports last week suggested Winslet was poised to play the punk icon in a biopic documenting the designer's rise to fame in the 1970s to the present day.

But both Winslet and Westwood's representatives insist the role remains open, claiming original reports by British Vogue were "blown completely out of proportion."

Winslet's spokesperson tells People.com reports of the actress taking the role are "not at all true."

A spokesperson from Westwood's team adds: "The script has not even been finished yet, let alone casting. Kate Winslet was just one of many names that were mentioned as possibles to play Vivienne, but this whole thing has been blown completely out of proportion."

METRO NEWS SERVICES

Celebrity brief

Bunton not buff

FITNESS Hollywood stars Jessica Alba and Nicole Kidman managed to get back into shape in a matter of months after giving birth.

But for former Spice Girl Emma Bunton regaining her former svelte figure has taken her well over a year, the Daily Mail reports.

Admittedly she said, because she needs pushing to hit the gym.

"I usually need someone to come and give me an extra push," Bunton says.

METRO NEWS SERVICES

West won't say he's sorry for scuffle

CELEBRITY Grammy-winning rapper Kanye West is reportedly refusing to apologize to the paparazzi in Los Angeles over a scuffle last month, instead requesting they leave him alone, femalefirst.co.uk reports.

The rapper is said to have attacked a photographer and smashed his equipment to the ground during a struggle.

West has declined photographers' calls for an apology for the airport fracas, simply telling them, "I'm gonna ask you as a man to leave me alone."

West and his assistant were arrested following the September incident and charged with felony vandalism, but the charge was later dropped by the Los Angeles County District Attorney's office.

METRO NEWS SERVICES

Gangster goes good
Frank Lucas, the drug king portrayed by Denzel Washington in American Gangster, is embarking on a U.S. tour to preach to kids against violence and crime. IMDB.COM

Celebrity Buzz

HELLO! Hot shot of week

PETER BREGG/HELLO CANADA!

Actress Halle Berry's beau Gabriel Aubry arrives at Toronto's Light Lounge to meet fans with his band, Café Fuego. "It feels great to be here," the Montreal-born 32-year-old Calvin Klein model, who has a six-month-old daughter, Nahla, with his superstar girlfriend, told Hello! Canada. HELLOMAGAZINE.COM

Watts scared sexy during filming of horror flick

MOVIES Naomi Watts was reportedly so terrified of shooting scenes for the horror movie Funny Games she sought comfort in partner Liev Schreiber — and accidentally conceived their first child, imdb.com reports.

The actress turned to Schreiber during breaks in filming in a bid to shake off the psychological effects of the English-language remake of Michael Haneke's 1997 German movie.

But Watts's fear soon turned to happiness after learning she was pregnant with their son Alexander Pete.

"I have to say that I conceived during this film," she says. "I think I was creatively fulfilled."

But Watts is adamant her son will never see the film. "I certainly don't want my son to see this film, for a very long time. When he's an adult, he's going to make his own decisions about what he sees and hopefully he'll understand my reasoning behind it."

Watts is expecting the couple's second child.

METRO NEWS SERVICES

No surgery for Kardashian ... yet

CELEBRITY In response to all the rumours about plastic surgery that Kim Kardashian has been accused of having, the reality TV star has posted a bikini shot of herself at about 14 years old on her website, kimkardashian.com, intouchweekly.com reports.

"I have decided to post this picture to finally put all of the plastic surgery rumours to rest!" writes Kardashian. "I hope after seeing this you guys will never ask me a plastic surgery question again!"

But never say never. Although she denies having surgery now, Kardashian isn't opposed to the idea.

"I am definitely not against it at all," she adds. "One day, I will definitely get a lift, but I am waiting until after I have kids."

METRO NEWS SERVICES

GETTY IMAGES PHOTOS

Mills's pool put on hold

CELEBRITY Paul McCartney's ex-wife Heather Mills has reportedly been caught building a swimming pool in the grounds of her English home without planning permission, imdb.com reports.

Planners discovered the pool while visiting Mills's Robertsbridge, East Sussex home to check that the former glamour model had pulled down a huge marquee she had erected illegally.

They have now ordered her to submit an application for the pool, and if permission is denied, Mills will have to fill it in.

A local spokesperson tells the Hastings & St. Leonards Observer newspaper, "The marquee appears to have been dismantled. Apparently, there is a swimming pool and we have invited a planning application for it. This will then be considered in accordance with the normal planning process."

METRO NEWS SERVICES

Celebrity brief

Cho gets honour

AWARD Comedienne Margaret Cho has been named Korean of the Year by a leading Korean-American newspaper, imdb.com reports.

The funnywoman says the accolade is extra special because of the way she was treated when she revealed she was bisexual.

METRO NEWS SERVICES

Dating Diaz difficult, she says

DATING Cameron Diaz finds it tough to maintain a relationship because she is "a spoiled brat," imdb.com reports.

The actress has dated a string of Hollywood stars including Matt Dillon, Jared Leto and singer Justin Timberlake.

She is now dating Jennifer Aniston's ex Paul Sculfor, and claims her selfishness often hinders long-term romances.

"It's really hard for me to commit," Diaz says. "It's probably a lack of discipline on my part.

"Honestly, I'm just a spoiled brat who's used to getting my own way all the time! I'm sure that's what it is.

"I'm sure I'll suffer for it later, but I'm happy with it right now."

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